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The stationary bike is a good choice for a cardio workout if you're just getting started with exercise and is a great way to ease into cardio. In fact, you get the same cardio benefits as when using the treadmill or elliptical trainer or when walking or running outside.

Stationary Bike Workout for Beginners - Verywell Fit

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Real talk: this is gonna be hard. Indoor cycling classes are high intensity and fast-paced, and even the most seasoned fitties can struggle during their first session.

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What to expect at your first Spinning class - Cosmopolitan

cosmopolitan : body : fitness-workouts : advice : spinning-clas...

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